

9D Breathwork Activation Journeys

The Origin (53:13 minutes)

Reconnect with your deepest essence and awaken a profound sense of purpose in this 53-minute transformative 9D Breathwork session. Blending breathwork, hypnotic affirmations, and immersive soundscapes, it strips away external conditioning to reveal your true self. Release inherited trauma, unlock cellular healing, and experience deep inner peace and heightened intuition. Anchored in ancestral connection techniques and primal release, this journey leaves you feeling aligned, empowered, and deeply connected to your authentic self.

Healing Ancestral Lines (1:07:31 minutes)

This journey is for those ready to break free from intergenerational trauma — the root cause of human suffering. In this 67-minute 9D Breathwork experience, you will sever the chains of inherited trauma, restoring inner harmony and halting the cycle of suffering. Using deep, active circular breathing, breath holds, and a final primal scream, this journey guides you to liberate yourself and future generations. Experience profound healing, emotional resilience, and a renewed sense of empowerment as you release ancestral imprints and create space for a brighter, more connected future.

5 Primary Trauma Imprints (1:06:22 minutes)

This transformative 66-minute 9D Breathwork journey is for those ready to heal deep emotional wounds shaped by the five core trauma imprints: separation from love, abandonment, rejection, shame, and the absence of love. Through structured breathwork, hypnotic affirmations, and immersive soundscapes, you'll confront and release these limiting patterns, reconnecting with inner strength, radical self-love, and a profound sense of wholeness. The session culminates in a cathartic breath-hold and primal scream, guiding you to emerge lighter, freer, and fully aligned with your true self.

Abundance (1:18:56 minutes)

This immersive 79-minute 9D Breathwork experience is for anyone seeking to break through financial blocks and limited beliefs around abundance. Ideal for those who feel held back by scarcity mindsets or feelings of not deserving, it guides participants to cultivate a new, empowering relationship with wealth. Through potent breathwork, guided introspection, and immersive soundscapes, you'll dissolve old money narratives, embrace self-belief and acceptance, and foster financial resilience. Two powerful breath-hold and scream releases provide a cathartic pathway to liberate yourself from economic constraints and invite in lasting prosperity and abundance.

Reconnecting with Your Inner Child (1:12:36 minutes)

This profound 73-minute 9D Breathwork journey is designed for those seeking to heal the wounds of their younger self and restore a sense of wholeness. It's perfect for anyone who has felt disconnected or fragmented due to childhood trauma, and who yearns to rewrite their story of self-abandonment. Through deep breathing, powerful

visualisation, and structured affirmations, participants will gently reconnect with their inner child, fostering self-compassion, empathy, and a safe space for healing. This journey invites you to explore your shadows, confront past pain, and ultimately emerge with a renewed sense of self-love, emotional integration, and inner safety.

Full Reset (1:07:13 minutes)

This revitalising 67-minute 9D Breathwork session is for those who feel burdened by life's pressures and are ready to rejuvenate their mind and body. Ideal for anyone feeling weighed down by self-criticism, judgment, or negative patterns, this journey is a gateway to emotional freedom and inner peace. Through deep somatic breathwork, immersive soundscapes, and affirmations, you'll release physical and emotional burdens, nurture forgiveness and self-compassion, and restore balance and resilience. With a single cathartic scream at minute 46, this journey offers a powerful rebirth, leaving you with a sense of liberation, renewed purpose, and boundless potential.

Transcending Fear (1:21:55 minutes)

This advanced 82-minute 9D Breathwork journey is for those prepared to confront and transform their deepest fears. Perfect for individuals seeking to master their mindset and unlock new levels of courage, this experience blends hypnotic language, NLP techniques, and immersive soundscapes to reprogram old fear narratives and reframe them as tools for growth. Through powerful breathwork, two cathartic screams, and affirmations, you'll rewire your relationship with fear, expand your personal boundaries, and ignite a profound sense of self-belief. This journey is not just an exploration—it's a gateway to personal evolution and a life filled with courage and possibility.

Letting Go (1:10:38 minutes)

This profound 71-minute 9D Breathwork session is for those ready to release the burdens of the past and step into clarity, peace, and self-empowerment. Perfect for anyone holding onto pain, regret, or self-doubt, it combines breathwork, hypnotic affirmations, and guided introspection to create a safe space for emotional release and healing. As you move through breath patterns and intention-setting exercises, you'll awaken inner strength, embrace forgiveness, and shed the weight of what no longer serves you. Culminating in a cathartic final breath-hold and scream, followed by meditative integration, this journey leaves you feeling lighter, more resilient, and fully aligned with your true self.

Letting Go & Moving On (1:12:30 minutes)

This 73-minute 9D Breathwork experience is designed for those grappling with the challenge of letting go—whether from past events, resentment, or self-judgment. Providing a safe, nurturing space, this session weaves themes of forgiveness, self-love, acceptance, and resilience to support personal transformation. Through immersive breathwork, cathartic breath-hold releases, and guided introspection, you'll shed physical and psychological burdens, restoring emotional stability, balance, and tranquility. By the end of this journey, you'll feel

lighter, more empowered, and fully aligned with your true self—ready to embrace new possibilities with confidence and purpose.

From Fury to Freedom (1:20:02 minutes)

This 80-minute 9D Breathwork journey is designed for those feeling burdened by unexpressed anger and ready to channel that energy into transformation and healing. Perfect for anyone seeking to break free from emotional stagnation, this session fuses breathwork, primal vocal release, hypnotic affirmations, and immersive soundscapes to safely express and transmute suppressed rage. As you embrace your sacred rage and connect with its root causes, you'll cultivate emotional liberation, empowerment, and deep self-understanding. With intentional breath holds, cathartic scream releases, and guided integration, you'll emerge feeling lighter, more authentic, and profoundly at peace.

You Are Enough (1:14:06 minutes)

This 74-minute 9D Breathwork journey is for anyone yearning to break free from self-doubt and embrace the unwavering truth of their own worth. Designed to release the weight of societal pressures and limiting beliefs, this experience weaves together dynamic breath patterns, immersive soundscapes, and transformative affirmations. Through intentional breathwork and a cathartic final scream release, you'll shed the layers of self-criticism and reconnect with your inner strength, self-compassion, and inherent potential. Concluding with a soothing integration phase, this journey will leave you feeling lighter, stronger, and deeply aligned with the truth that you are enough.

Unleash Your Power (1:01:43 minutes)

This 62-minute 9D Breathwork journey is for those ready to reclaim their strength and break free from self-doubt and fear. Blending dynamic breathwork, hypnotic affirmations, and immersive soundscapes, this experience pushes you past perceived limitations and activates your personal power. As you move through intensified breath patterns and a cathartic final scream release, you'll dissolve old narratives, embrace unshakable confidence, and emerge with a profound sense of clarity, determination, and unstoppable momentum. Concluding with an integration phase, this journey anchors your newfound empowerment, leaving you fully aligned with the limitless potential within.

The Awakening (1:09:13 minutes)

This 69-minute 9D Breathwork experience is for those ready to break free from societal conditioning and rediscover their authentic, sovereign selves. Designed for anyone feeling confined or shaped by external narratives, whether from media, governments, or societal expectations, this journey guides you to peel back the illusions that keep you feeling small. Through dynamic breathwork and immersive soundscapes, you'll shed layers of negativity, self-criticism, and judgment, fostering a deep sense of inner peace, empowerment, and personal sovereignty. Embrace a profound sense of clarity, renewed purpose, and boundless potential as you reconnect with your true self and awaken to the life you're meant to live.

The Inception (1:13:47 minutes)

This 74-minute 9D Breathwork experience is for those feeling stuck in old cycles or disconnected from their true essence. Whether you're starting your healing journey or seeking a powerful reset, The Inception guides you back to the purest parts of yourself, your inner child. Led by the gentle voice of a 6-year-old girl and a custom-composed musical score, you'll peel away layers of conditioning, emotional weight, and self-doubt. With advanced 9D audio technology, subconscious reprogramming, and the world's first 9D Crystal Bowl Sound Bath, this journey provides a deeply immersive experience of vulnerability, healing, and rebirth. Emerge feeling grounded, peaceful, and aligned with your highest self, ready to embrace life with clarity and renewed purpose.

Self-Mastery & Enough (50 minutes)

This 50-minute 9D Breathwork experience is designed for individuals of all ages seeking to strengthen their sense of worth and unlock their true potential. Ideal for those navigating self-doubt or longing to reconnect with their core strength, this journey guides you through mindful breathing, emotional release, and deep self-reflection. You'll shed limiting beliefs, cultivate self-assurance, and embrace the unwavering truth that you are inherently worthy and more than enough. By the end, you'll feel empowered, balanced, and fully aligned with your authentic self, ready to meet life's challenges with confidence and purpose.

Releasing Guilt & Shame (57:52 minutes)

This 58-minute 9D Breathwork experience is for anyone carrying the heavy burden of guilt or shame and ready to release it for good. Through immersive breathwork and a heart-centered soundscape, you'll explore the origins of these emotions and gently transform them. The journey creates a safe, nurturing space to let go of self-judgment, cultivate self-compassion, and rediscover your true worth. By blending advanced 9D audio technology with intentional breath patterns, this experience empowers you to break free from emotional blocks and move forward with clarity, peace, and renewed confidence. Emerge lighter, more connected to your authentic self, and liberated from the weight of the past.

9DMT (1:07:37 minutes)

This 68-minute 9D Breathwork experience is for anyone curious about exploring psychedelic-level transformation—without the use of substances. Ideal for both breathwork newcomers and those who have previously explored plant medicine, this journey guides you through profound emotional release, ego dissolution, and spiritual rebirth in a safe, grounded way. Blending ancient shamanic wisdom, live ceremonial recordings, and advanced 9D sound design, you'll enter altered states of awareness, reconnect with your inner child, and release stored emotional weight. Featuring live vocals from a traditional Temazcal Ceremony and a modified DMT breath technique, this experience creates a powerful psycho-spiritual activation, leaving you feeling lighter, clearer, and more aligned with your true self.

The Path to Liberation (1:07:05 minutes)

This 67-minute 9D Breathwork experience is for anyone seeking freedom from addiction, whether it's substance use, emotional dependency, or generational cycles of pain. Designed for those ready to heal or support others on their path, this journey blends immersive soundscapes, ritual breathwork, and fire release ceremonies to shed shame, guilt, and toxic patterns. Guided by Mick Phipps' personal story and deep connection to the forest, participants are invited to reconnect with their inner power, release what no longer serves them, and awaken to a new chapter of wholeness. Experience a spiritual rite of passage that fosters renewal, self-compassion, and a grounded sense of belonging—because you are not broken; you are becoming.

Down-Regulation Journeys

Integration & Regeneration Journey (47:20 minutes)

This 47-minute 9D Breathwork session is designed for breathers seeking gentle restoration and grounding after deep somatic work. Ideal for those feeling energetically expanded, emotionally unsteady, or in need of calm clarity, this journey supports nervous system regulation and emotional balance through a soothing blend of 9D audio technology, hypnotherapy, and intentional breathwork. Moving into the parasympathetic “rest and digest” state, you'll reconnect with your center, deepen your insights, and integrate your experience with calm and confidence. Whether used immediately after a more intense 9D journey or as a standalone practice, Integration & Regeneration helps you embody your healing and move forward with renewed strength and wholeness.

Down Regulation & Regeneration Journey (47:20 minutes)

This 47-minute 9D Breathwork journey is a soothing, restorative experience designed for those new to breathwork, navigating health sensitivities, or in need of nervous system calm and balance. Ideal for anyone seeking a gentle introduction to 9D Breathwork, it activates the parasympathetic “rest and digest” state, blending hypnotherapy, visualization, and immersive soundscapes to foster deep relaxation and emotional ease. As you journey inward, you'll release tension, cultivate inner harmony, and awaken personal insights, leaving you rejuvenated, grounded, and reconnected to your authentic self. A perfect entry point for holistic renewal and mindful integration.

Cellular Regeneration Journey (50:32 minutes)

This 51-minute 9D Breathwork experience is a sanctuary for anyone seeking deep emotional, physical, and energetic renewal. Whether you're healing from burnout, emotional wounds, or simply need a profound reset, Cellular Regeneration guides you through a dreamlike world of healing soundscapes, crystal caves, and underwater cities. Blending down regulation breath techniques with immersive audio and powerful affirmations, this journey clears stagnant energy, restores cellular harmony, and reconnects you to your innate healing power. You'll emerge feeling deeply grounded, spiritually expanded, and aligned with the vibrant life force within you.

Hybrid Journeys Up and Down

Stress Relief Sojourn Journey (1:07:13 minutes)

This 67-minute 9D Breathwork experience is perfectly tailored for those feeling the weight of stress and anxiety, or for anyone new to breathwork seeking a gentle introduction. Ideal for individuals navigating contraindications or simply needing a calming reset, this journey blends down-regulation techniques like deep belly breathing, coherent breathing, box breathing, and the 4:2:6 method. Midway through, the gentle activation of infinity breathing re-energizes without overwhelming, leading to a breath hold on empty lungs and a final release sigh. Centered around calm, clarity, and tranquility, this journey helps dissolve mental and physical tension, restore balance, and cultivate a renewed sense of inner peace, leaving you refreshed and ready to embrace life's challenges with composure and serenity.

Grief & Loss Journey (1:17:18 minutes)

This 77-minute 9D Breathwork journey is for anyone navigating the depths of grief, whether from the loss of a loved one, the end of a relationship, or a significant life change. Providing a safe and nurturing space, this journey blends breathwork, hypnotic affirmations, guided reflections, and immersive soundscapes to support emotional release and healing. As you move through the waves of sorrow, you'll find a pathway to acceptance, inner peace, and renewed strength. Concluding with a breath-based emotional release and a soothing integration phase, this journey invites you to honor the past, embrace the present, and step forward with love, clarity, and resilience.

Subconscious Mind Reprogramming Journey (52:41 minutes)

This 53-minute 9D Breathwork experience is designed for those ready to break free from limiting beliefs and rewire their mental blueprint for success and inner peace. Ideal for anyone seeking to align their subconscious with their highest potential, this journey blends guided breathwork, deep visualization, hypnotic affirmations, and immersive soundscapes to unlock profound transformation. You'll dissolve negative programming, embrace new empowering beliefs, and step into a renewed sense of confidence and clarity. The session concludes with a final breath-hold to anchor the shift and an integration phase to solidify your newfound mental freedom, leaving you empowered, focused, and ready to thrive.

Unleash Abundance & Self-Trust Journey (1:12:30 minutes)

This 73-minute 9D Breathwork journey is for those ready to break free from self-doubt and step confidently into their full potential. Designed to help you release limiting beliefs and align with abundance, this experience blends dynamic breathwork, hypnotic affirmations, and immersive soundscapes to unlock inner freedom and clarity. As you journey through powerful breath sequences and guided coaching, you'll shed self-imposed limitations and cultivate unwavering self-trust and purpose. With progressive breathwork, cathartic breath-holds, and uplifting affirmations, you'll emerge aligned, empowered, and fully connected to the life of abundance and possibility that awaits you.

Sovereign Breath Journey (1:15:47 minutes)

This 76-minute 9D Breathwork experience is for those ready to reclaim their personal power and live in full

authenticity. Designed to help you break free from societal conditioning and step into your true sovereignty, this journey weaves breathwork, hypnotic affirmations, vocal activation, and immersive soundscapes into a transformative experience. As you breathe through layers of self-doubt and fear, you'll uncover a deeper sense of self-love, empowered decision-making, and unshakable confidence. Concluding with a powerful integration phase, this journey leaves you feeling aligned, free, and fully connected to your highest self.

Mini Journeys

The Origin (34:58 minutes)

This 35-minute 9D Breathwork journey is for those seeking a deep reconnection with their essence in a time-efficient, powerful experience. Ideal for beginners and seasoned breathers alike, this condensed version of The Origin blends breathwork, hypnotic affirmations, and immersive soundscapes to guide you through layers of resistance and conditioning. You'll release stored emotions, gain profound insights, and awaken renewed energy and self-acceptance. This journey captures the essence of The Origin in a shorter format—offering a direct path to transformation and clarity when you need it most.

Getting Great Activation (12:30 minutes)

This 12-minute 9D Breathwork Activation is designed for busy individuals ready to elevate their mindset and ignite their inner fire. Perfect for entrepreneurs, leaders, creators, and anyone aiming to shift from good to great, this journey combines conscious breathing with a powerful motivational speech by Tom Bilyeu, curated by Brian Kelly. You'll experience a surge of energy and clarity, unlocking your potential and fueling your drive for action. Ideal for morning rituals, mid-day resets, or performance preparation, this session will empower you to show up as your best self, energised, focused, and ready to lead with purpose and impact.

9D 12 Min Activation Getting Great (12:31 minutes) No Curse words

This 12-minute dynamic 9D Breathwork journey is for anyone looking to elevate their mindset, boost focus, and step into personal greatness—whether you're an entrepreneur, athlete, creative, or dedicated to self-improvement. Using structured breathwork, empowering affirmations, and immersive sound frequencies, this session activates your inner power and clears mental clutter. In just 12 minutes, you'll harness discipline, resilience, and peak performance energy—leaving you revitalized, centered, and aligned with your fullest potential. Perfect for busy days or high-impact resets, this journey transforms self-doubt into unwavering clarity and confidence.

Sound Bowl Meditation (14:07 minutes)

This 14-minute immersive sound healing experience is designed for anyone seeking deep relaxation, mental clarity, and energetic balance. Ideal for both seasoned meditators and newcomers to sound therapy, this journey uses the rich, harmonic tones of Tibetan singing bowls to calm the mind, release tension, and restore inner equilibrium. The soothing vibrations gently guide you into a meditative state, supporting emotional release, clarity, and stress relief.

Perfect for meditation, sleep, or mindful relaxation, this session offers a profound reset, allowing you to reconnect with your inner self and find a place of calm and peace within.

Motivation Journey (21:59 minutes)

This 22-minute 9D Breathwork experience is for anyone ready to break through resistance and take action on their goals. Ideal for both first-time breathers and experienced practitioners, this journey uses dynamic breathwork, guided visualizations, and subliminal affirmations to dissolve procrastination and ignite your inner drive. As you move through focused breathing and empowering soundscapes, you'll find clarity of purpose, build confidence, and awaken the unstoppable energy needed to achieve your vision. Motivation is your key to embracing the next step, offering a short yet powerful reset to propel you forward with clarity, determination, and purpose.

Hypnotic Induction (9:41 minutes)

This 10-minute 9D Breathwork session is the perfect prelude for anyone looking to deepen their breathwork practice and prepare their mind and body for relaxation and transformation. Designed for facilitators and individuals alike, this induction uses immersive soundscapes, gentle breathing cues, and layered affirmations to create a profound sense of calm and safety. Ideal for stress relief, anxiety reduction, and subconscious reprogramming, this session establishes a foundation of openness and receptivity, seamlessly transitioning participants into the main journey ahead. Whether used as a standalone meditation or as the introduction to a longer breathwork session, the 9D Hypnotic Induction anchors you in clarity, peace, and readiness for deep transformation.

Motivation – With Affirmations (21:59 minutes)

This 22-minute 9D Breathwork experience is for anyone seeking a powerful boost in motivation, focus, and inner drive. Whether you're pursuing a new goal, overcoming resistance, or simply resetting your mindset, this journey provides a structured path to unlock your highest potential. Through a dynamic blend of grounding practices, rhythmic breathwork, guided visualization, and powerful affirmations, you'll clear away doubt and cultivate unshakable energy and purpose. Each breath dissolves hesitation and strengthens your resolve, helping you step forward with clarity and conviction. Perfect for when you need a quick reset or a high-impact start to your day, this journey leaves you aligned, empowered, and ready to take bold action.

Unstoppable (25:30 minutes)

This 26-minute 9D Breathwork experience is designed for young people aged 15–19 as part of our 9D School Program, yet its impact resonates with anyone ready to break through self-doubt and embrace their inner strength. Perfect for those feeling stuck or seeking to overcome personal obstacles, this session combines dynamic breathwork, immersive soundscapes, and inspiring affirmations to foster resilience and unstoppable momentum. Structured around three rounds of deep breathing and intentional breath holds, you'll release fears, embrace discomfort as growth, and align with your purpose. By the end, you'll feel renewed confidence, mental clarity, and

a profound readiness to face challenges with determination and courage, standing tall and unstoppable in your journey forward.

Anxiety (22:41 minutes)

This 23-minute 9D Breathwork experience is designed for those seeking relief from anxiety, stress, and overthinking—providing a natural, powerful pathway to inner calm. Perfect for anyone facing daily stress or chronic anxiety, this session combines rhythmic breathing, affirmations, and immersive 9D soundscapes to soothe the nervous system and quiet the mind. Activating the parasympathetic “rest and digest” state, it supports emotional regulation, mindfulness, and deep relaxation. By the end, you’ll feel grounded, clear, and equipped with tools to navigate life’s challenges with greater ease and inner strength.

Depression Salvation (21:31 minutes)

This 22-minute 9D Breathwork journey is designed for anyone seeking to break free from feelings of sadness, hopelessness, and emotional heaviness. By combining deep diaphragmatic breathing, guided affirmations, and immersive 9D soundscapes, this session supports emotional release, mental clarity, and renewed inner strength. Activating the body’s natural healing mechanisms and boosting endorphin production, this journey guides you from despair toward self-compassion, hope, and resilience. Perfect for those seeking a holistic, transformative approach to overcoming depression, it creates space for renewed motivation and a deeper sense of connection to yourself.

Unbreakable (21:36 minutes)

This 22-minute 9D Breathwork journey is for anyone facing challenges and seeking to reignite your inner warrior spirit. Designed to help you push beyond limitations and reclaim your strength, this immersive session blends conscious breathwork, powerful affirmations, and 9D soundscapes to clear mental fog, release emotional burdens, and cultivate unshakable resilience. By activating your body’s natural stress release mechanisms and rewiring limiting beliefs, you’ll emerge from this journey feeling empowered, motivated, and unbreakable, ready to tackle life’s obstacles with renewed courage and determination.

Take The First Step (22:50 minutes)

This 23-minute 9D Breathwork experience is for anyone ready to move past hesitation and embrace new beginnings. Ideal for those feeling stuck, overthinking, or fearful of taking risks, this journey blends intentional breathwork, immersive 9D soundscapes, and guided affirmations to rewire limiting beliefs and cultivate inner confidence. As you breathe deeply and clear mental and emotional fog, you’ll ignite motivation and build the courage to take inspired action. Perfect for those seeking a reset, this session will empower you to step into the unknown with clarity, trust, and unstoppable momentum.

Shift Your Mindset (22:43 minutes)

This 23-minute 9D Breathwork experience is for anyone ready to rewire their subconscious beliefs and cultivate a mindset of confidence, growth, and success. Perfect for those struggling with self-doubt, limiting beliefs, or lack of clarity, this journey blends intentional breathwork, 9D soundscapes, and guided affirmations to clear mental

clutter and activate inner strength. Through this immersive experience, you'll release old patterns, build resilience, and step into a new mental framework that supports your goals and dreams. Emerge feeling focused, empowered, and fully aligned with the abundant possibilities within you.

Never Give Up (21:10 minutes)

This 21-minute 9D Breathwork journey is for anyone feeling overwhelmed by challenges or doubting their ability to persevere. Designed to reignite your inner fire, this session blends deep breathwork, immersive 9D soundscapes, and powerful affirmations to dissolve fear and self-doubt, cultivating unwavering resilience and determination. With each breath, you'll reconnect with your inner strength, find clarity amidst difficulties, and reprogram your mind for unstoppable forward momentum. This journey is an anthem of perseverance, reminding you that no matter the setback, you have the power to keep moving, to rise above, and to never give up.

Conquer Fear of Failure (20 minutes)

This 20-minute 9D Breathwork journey is for anyone feeling trapped by the fear of failure and rejection, struggling to take action because of past disappointments or fear of judgment. This transformative session combines powerful breathwork, immersive 9D soundscapes, and subconscious reprogramming to shift your mindset from fear to courage. You'll reframe your relationship with failure, dissolving limiting beliefs and perfectionism to see mistakes as growth opportunities. With every breath, you'll build self-belief, inner peace, and the motivation to move forward with boldness and resilience. Step into your truth, embrace growth, and remember: failure is not the end, it's the beginning of something greater.

You Can Do It! (23:00 minutes)

This 23-minute 9D Breathwork journey is designed for anyone feeling stuck, hesitant, or unsure how to take the next step toward their goals. Ideal for leaders, dreamers, and those ready to break free from old patterns, this session blends powerful breathwork, immersive soundscapes, and empowering affirmations to rewire your mind for confidence and decisive action. Featuring the voices of influential thought leaders Lisa Nichols, Brené Brown, Jessica Houston, and Mel Robbins, you'll release self-doubt and activate your inner power, walking away feeling unstoppable, inspired, and ready to embrace your full potential.